



MONTH <i>Chairperson</i>	TITLE	AUTHOR	GENRE	SYNOPSIS
<b>May</b> <i>Pat K.</i>	The Gown	Jennifer Robson	Novel Historical Fiction	The book is the intersecting story of two women — Miriam and Ann — who worked on Princess Elizabeth (now QEII)'s wedding dress to Prince Phillip, and Ann's granddaughter, Heather, who is left a mysterious box of embroidery after her grandmother's death.
JUNE 2022	MEET TO CHOOSE BOOKS FOR 2022 - 2023			



Just a friendly reminder, when you are parking when attending activities, please be mindful of maximizing the spaces available by not leaving too much space between other vehicles. Additional parking is available at the

Victoria Centre parking lot and the Holy Trinity Church lot. However, when there is a function at the Church, the lot is closed. Both of these entrances are off Isabella Street.

If you are not participating in an activity, we appreciate that you do not park in the Centre's designated spaces but rather park on Renfrew Street at the metered spots. Again, we thank you for your cooperation.

## Peer Drawing Group

Mark the **first Friday of every month** at 1 p.m. for an afternoon of drawing and an opportunity to share ideas. No registration is required. Just bring your supplies, ideas and enthusiasm.



In 2020 the Centre initiated Senior Centres' Without Walls (SCWW) when the Centre could not

open because of Provincial lockdowns due to COVID. In addition, this was an opportunity to connect with our members during this time to offer "over-the-phone" programming.

Gradually we replaced the phone-in platform with in-person programming and participation. However, we continued with the Meditation program led by Paul Mayfield of Breath and Be Yoga. With this being the only phone-in programming, the Board decided to discontinue offering SCWW at the end of April. However, the Centre will present SCWW programming in the future if warranted.

We wish to thank everyone who participated and volunteered to host a program over the past two years.





Proud supporting partner of the Centre's monthly newsletter



# Plan your Summer Staycation at Chartwell

Are you considering retirement living for yourself or a loved one, but you're unsure if you're ready to commit to a move?

**Call today to learn more about our Summer Trial Stay program.**

This summer, enjoy the freedom to safely socialize with friends, participate in leisure experiences and benefit from convenient services that can make your life worry-free at Chartwell.

Our **Summer Trial Stay Program** offers short-term accommodation with the level of service you prefer, including delicious dining and optional wellness services. Our reliable staff are always on hand to support you and provide a range of independent or supportive service options for your comfort and peace of mind.

**CHARTWELL PEMBROKE HERITAGE**

1111 Pembroke St. W., Pembroke | 613-775-5009

[chartwell.com](http://chartwell.com)

**CHARTWELL PINWOOD RETIREMENT RESIDENCE**

1022 Pembroke St. E., Pembroke, | 613-775-5006



## Bridge Lessons for Beginners

There has been an excellent response to Beginner bridge lessons. Leanne will begin on Tuesday, May 10, from 11 a.m.—to 1 p.m. Feel free to bring a snack.

If you haven't previously registered and are interested, please call the Centre for more information or register.

## I'd Rather Be Playing Bridge

### Tuesday Afternoon Bridge

The Tuesday afternoon bridge at 1:15 p.m. will be a duplicate style bridge for intermediate players wishing to improve their game or players who want to play this bridge style as a non-sanctioned game. The setting will be relaxed, with opportunities to ask questions after playing the hand. The afternoon is open for Social bridge players to come out and give Duplicate Bridge a try. Social players can easily transition into duplicate players. So why not give it a try?



The Centre is closed Monday May 23 for Victoria Day.

For many Canadians, this is the first long weekend they have celebrated since Easter, and many cabins and camps are opened and prepared for the summer season ahead. Enjoy!



## PROGRAMS

The Monday and Tuesday Oil painting sessions are up and running. Monday's session will end May The next session if there is enough interest will begin the week of May 9 and Tuesday May 10. The cost will be determined once the length of the session is determined. If you have any questions, please email Helen—[gladysnephin@gmail.com](mailto:gladysnephin@gmail.com)

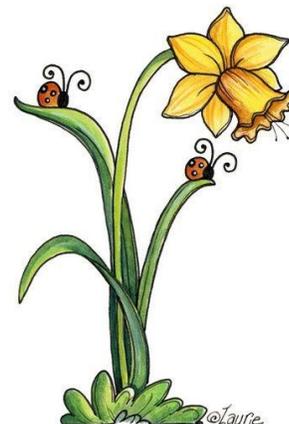


Have you given any thought to learn to paint in either oil or acrylic medium? If there is sufficient interest, Helen will offer a beginner class on Monday afternoons. Cost and length of session will be determined once we hear of the interest.

Peer Watercolour continues on Thursday afternoon @ 12:30 p.m.

We will let you know when the next session of Beginner Watercolours will begin. All you have pre-registered, Arlene will call you with the details. If you have not yet pre-registered, please call the Centre to have your name added to the list. Cost is \$60., including supplies, payable to Robin Knox.

Please note COVID preventative measures are in place—i.e. wearing a mask, social distancing, frequent hand washing and use of hand sanitizer. Don't forget to bring your double vaccination receipt with you.





**May 9, 2022 –Let’s try this again!** A big thank-you goes out to Adam Yantha from Yantha Cycle @ 499 TV Tower Road who has given us permission to park at his business today, parking is **NOT** allowed on the side of the road. We will meet at 1:00pm in the parking lot then pick-up the Algonquin Trail from TV Tower Road heading west towards Petawawa. For most of us this will be the first time we have walked this section of the Algonquin Trail so WHO KNOWS what we’ll discover? Bring a snack and bring a friend if you like!



## Birding 1-day



### Workshop

Join Mark Dojczman on Monday, May 9th at 8 a.m. at the Marina parking lot for a morning’s worth of birding and depending on the birds’ cooperation. Mark will take you on a guided tour on foot for people who would like to improve their birding skills at any level. New to birding? Beginners are welcome. Please bring a pair of binoculars and a dress for the weather.

Pre-registration is required at the office or the volunteer on duty, costing \$20./person; a minimum of six birders is needed. The deadline to register is Friday, May 6th.

Please note that the rain date is a week later, on Monday, May 16th.



Please mark your calendars for Sunday, May 15 at 1:30 p.m. when it is ShowTime at THE CENTRE!

Doors will open at 1 p.m. Cost—\$2.00/ member and \$3./guests with popcorn and pop/water included!

**May 15— “Poms”** – “Martha is an introverted woman who moves to a retirement community with shuffleboard, golf, bowling, and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbour who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it’s never too late to follow your dreams, even when the odds are stacked against you.”



On May 15, Deb and Sheila are looking for your input. Would you like a movie matinee on May 30? What are your suggestions for movie titles?

Please enter by the front door or the bottom front entrance if you require the lift.

Thank you to Deb & Sheila for hosting this social outing! If you would like to host an afternoon, please leave your name with Deb or Sheila or the office; training is free and easy!





# ANNUAL MEETING

Please mark Wednesday, June 22 at 11 a.m. for the Centre’s Annual Meeting.

In addition to reviewing the past year’s business, there will be updates on the transitioning process to comply with the new Ontario Not-For-Profit Corporations Act (ONCA).

Over the last couple of weeks, the ad-hoc recruitment committee has approached members interested in becoming board members. As the Centre is under the new ONCA, one of the changes implemented at the Annual Meeting will be the Board election process. As a member, you will be voting on the Centre’s board (8-12 members) as a unit. At the first meeting of the elected board, they will vote on the positions of President/Chair, Vice President, Secretary and Treasurer. The meeting agenda and further details will be available closer to the meeting date.



## Daily exercise class schedule

Monday 9 a.m.—Active Fit

- Tuesday 10 a.m.—Low Mobility
- Wednesday 9 a.m.—Active Fit
- Thursday 9 a.m.—Active Fit
- Friday 8:30 a.m.—Functional Fitness
- 9:30 a.m.—10:15 a.m.

### Low Mobility

Classes will continue on Zoom at the times indicated. If you do not have the link to join, don't hesitate to contact the office and email it to you.

Thank you to our exercise leaders: Connie Daiken, Lynn Miller, Deb Brown, Sheila Moeller, and IT/Zoom support Gary McKay.



We have drawn the first round of the membership draw and congratulations to the following members:

- Nelda Noack— Gerber’s Nursery Gift Certificate
- Joan Sterling— Country Home Gardens Gift Card
- Jane Dougherty— Gift Certificate to The Bonanza Restaurant

You still have an opportunity to get your name into the next draw by purchasing your \$25.00 membership! Everyone who has purchased their membership to date, still has a chance to win!

Good luck to all!



## Welcome to the Centre’s “Chance Auction”

On the kitchen table, there will be items on display that you could have a chance to win!

Buy a ticket \$2.00 each or 3/\$5.00 and put your ticket in the bucket associated with the prize— “Thing 1, Thing 2, or Thing 3” and now Thing 4 joined in!!

You may purchase your ticket from the volunteer on duty. Prizes will be drawn every Friday and replenished on Mondays. Draws will take place while supplies last!

Thank you to local businesses and individuals who graciously donated the items.



We have replaced the lower level vertical blinds and are now for sale - \$50.00 each or the best offer. All in working order with extra vanes. The four blinds measure approx. 48”x 72”. If interested, let Arlene know!



# Kripalu **YOGA**

Lynn T. M.

Professional Level Kripalu Yoga Certification  
(2000)

Certified Kripalu Yoga Instructor (1992)  
\* 30 years teaching experience\*

## Easy Does It Yoga

Tuesday 3–4 p.m.

\$10./class payable to instructor

You are invited to participate in one hour yoga classes that include shades of Easy Does It Kripalu Yoga postures; that is a series of standing postures to maintain/improve you balance, and floor poses for strength and stability.

It's all meditative practice when we listen to our body and set our limits accordingly. Our body-mind is boss; and, we honor the intention to listen to it!

In these classes we practice “the yoga of compassion”, which is exactly what Kripalu yoga is all about.

## Experienced Beginners

### Kripalu Yoga

Tuesday 4:30 –6 p.m.

\$12./class payable to instructor

This Kripalu Yoga class consists of a series of modified poses and tradition posture variations. We aspire to do a “perfect practice” which simply means doing our best; that is listening to our body-mind, not our ego-mind. In doing so, we remain aware of breath and sensation as messengers in coming to our personal edge.

Yoga is a head-to-toe workout for mind and body. In each class we consciously set the intention to just be in the moment , honoring our abilities as well as our limitations—that makes for a perfect practice. Come join us in this meaningful experience!

## Centre's Garage Sale is Back!



At the meeting of the Volunteer Committee and the availability of the coordinators, the Centre's Garage Sale will be:

Friday, August 26, from 10 a.m.— 4 p.m.  
Saturday, August 27, from 8 a.m.—noon.

Do you have any good quality, gently used items you would like to donate? If you are downsizing, keep us in mind!

Beginning **June 1 to Thursday, August 18, you may bring your gently-used donations to the Centre.** But, sorry, we can not accept your worldly possessions after August 18 as the organizers have to be ready for the 26!

Just a reminder, although we appreciate your offerings, we have to draw the line at computers, electronics or televisions.

Please let us know if you would like to lend a hand for either day. Also, if you have a truck or trailer and man-power, we would certainly appreciate your help with clean-up.

## To be or not to be?

How would you like to be nominated for the best show in town award?

Liz, a Centre's member, is willing to direct a Centre produced play, possibly in November. It is never too



early to plan. So, we are looking for interest in being part of this initiative for now in any capacity, acting, stage, props and whatever else goes with production.



# May 2022

Zoom Exercises & presentations links will be available by email or request (call 613-735-1226) prior to the event.

Sun	Mon	Tue	Wed	Thu	Fri
	2 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing	3 8 a.m. Darts 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11 a.m. Bridge Lessons 1:15 p.m. Duplicate Style Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	4 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 p.m. Darts	5 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	6 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. Peer Drawing
	9 8 a.m. Birding 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Walk 'n Talk	10 8 a.m. Darts 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11 a.m. Bridge Lessons 1:15 p.m. Duplicate Style Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	11 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 p.m. Darts	12 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	13 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi
15 1 p.m. Movie Matinee	16 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing	17 8 a.m. Darts 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11 a.m. Bridge Lessons 1:15 p.m. Duplicate Style Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	18 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1:30 Book Club 1 p.m. Darts	19 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	20 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi
22	23 Victoria Day Centre Closed	24 8 a.m. Darts 10 a.m. Low Mobility 11 a.m. Bridge Lessons 1:15 p.m. Duplicate Style Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	25 9 a.m. Active Fit 50+ 10:30 a.m. Beg. Tai Chi 1 p.m. Cribbage 1 p.m. Darts	26 9 a.m. Active Fit 50+ 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	27 8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi
	30 9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing	31 8 a.m. Darts 9:30 a.m. Oil Painting 10 a.m. Low Mobility 11 a.m. Bridge Lessons 1:15 p.m. Duplicate Style Bridge 3 p.m. Beg. Kripalu 4:30 p.m. Kripalu Yoga	<b>Friday May 13</b> <b>Pembroke Community Expo</b> <b>4 pm- 8 p.m.</b>  <b>Saturday May 14</b> <b>Pembroke Community Expo</b> <b>10 a.m.—3 p.m.</b>		